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SIZING UP THE METS' ROTATION

The 2017 season is less than a week away. 27

Most common weight-loss misconceptions. 24

'Fearless Girl' gains another year. 6

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HEALING HANDS

Paramedics treat combatants and 'the innocents' in Iraq. 4

PHIL SUAREZ

KUSHNER MET WITH RUSSIAN BANK

1 A Russian bank under U.S. economic sanctions over Russia's incursion into Ukraine disclosed that its executives had met Jared Kushner, President Donald Trump's son-in-law and a top White House adviser, during the 2016 election campaign. Kushner has agreed to testify to a Senate committee investigating whether Russia tried to interfere in the election. Allegations by U.S. intelligence

agencies that Russian actors were behind hacking of senior Democratic Party operatives and spreading disinformation linger over Trump's young presidency. Democrats charge the Russians wanted to tilt the election toward the Republican, a claim dismissed by Trump. Russia denies the allegations. REUTERS

UNITED AIRLINES BARS TEEN GIRLS IN LEGGINGS

2 Two teenage girls wearing leggings were barred from boarding a United Airlines flight on Sunday because they did not meet a dress code for special pass travelers, a company spokesman said amid a furor on social media. The two girls, who were traveling with a companion, would not have been turned away for wearing leggings had they been paying customers, United spokesman Jonathan Guerin said as the airline responded to the backlash. "[The two girls] were instructed that they couldn't board until they corrected their outfit. They were fine with it and completely understood," Guerin said, adding that all three passengers missed the flight. He did not know if they had boarded a later plane or made alternate travel arrangements. The three passengers did not complain about their treatment. REUTERS

NETANYAHU TO WORK WITH TRUMP ON PEACE

3 Israeli Prime Minister Benjamin Netanyahu said he was committed to working with President Donald Trump to advance peace efforts with the Palestinians and with the broader Arab world. Netanyahu made the pledge in a speech to the largest U.S. pro-Israel lobbying group at a time when the Trump administration is seeking agreement with his right-wing government on limiting settlement construction

on land the Palestinians want for a state, part of a U.S. bid to resume long-stalled peace negotiations. But Netanyahu, speaking via satellite link from Jerusalem, avoided any mention of the delicate discussions, and stopped short of reiterating a commitment to a two-state solution to the Israeli-Palestinian conflict. REUTERS

5 THINGS YOU NEED TO KNOW

SALVAGE OPERATION

5 The sunken Sewol ferry on a semi-submersible transport vessel during the salvage operation in waters off Jindo in Jindo-gun, South Korea. The Sewol sank off the Jindo Island in April 2014, leaving more than 300 people dead, nine of them still remain missing. Workers are in the process of an attempt to raise the ferry from the water in the hope that the disasters' final victims will be found. PHOTO BY SOUTH KOREAN MINISTRY OF OCEANS AND FISHERIES VIA GETTY IMAGES

JAPAN AVALANCHE KILLS SEVEN STUDENTS

4 An avalanche in central Japan killed seven high school students and a teacher who were among a group of almost 50 on mountain climbing training, police said. The avalanche swept down the hillside at around 8.30 a.m. near a ski slope in Nasu, 100 miles north of Tokyo, where 40 high school students, accompanied by eight teachers, were climbing, a local government official said. Thirty-eight of the group were injured and two were in critical condition, the official said, adding that there had been no fatal avalanches in the region for at least three years. "We have avalanche incidents once or twice a year around here, but haven't had anything this big," a fire department official said. An avalanche warning from a local meteorological observatory was in place for the area at the time of the accident. REUTER

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ERIN TIERNAN, WEB REPORTER

President Trump hit the links this weekend for the 13th time since taking office in January. With the price tag for some of these jaunts as high as $3 million, here's a look at how much the president's tee times are costing taxpayers total: **metro.us/news**

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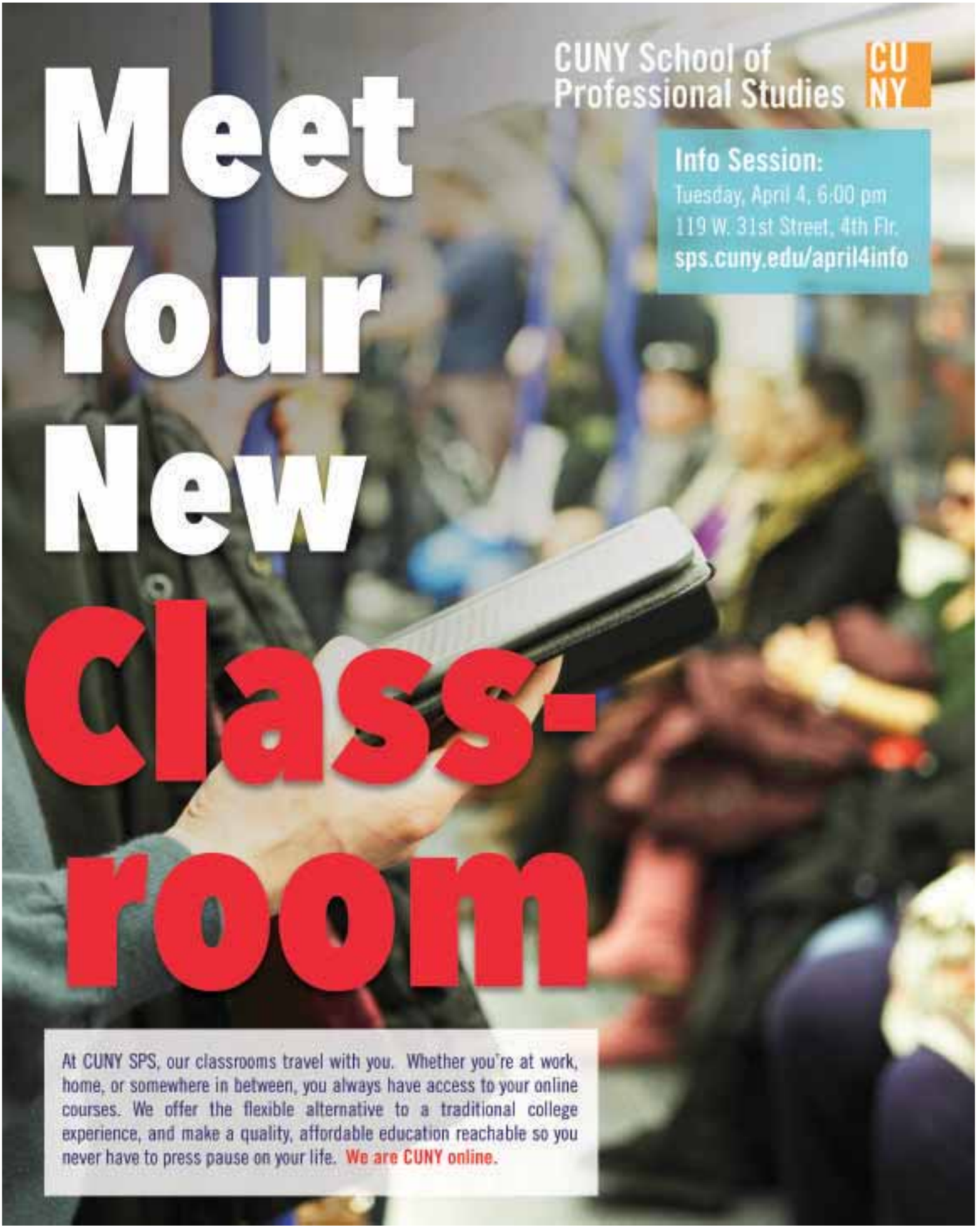
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Mission to Mosul: NYC Medics saves lives

The humanitarian aid group was founded in 2005 by two New York paramedics, and has had 250 volunteers.

AMY RUSSO
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The medical team attempts to stop the bleeding on an Iraqi soldier shot by an ISIS sniper. PHIL SUAREZ

Phil Suarez knows trauma. He's seen it up close as a paramedic for more than 20 years in New York City, responding to calls in the Bronx, Washington Heights and Hell's Kitchen. But that experience still couldn't prepare him for what he encountered during a recent mission to Mosul, the ravaged city in Iraq that government and coalition forces are trying to reclaim from Islamic State.

Suarez is co-founder of NYC Medics, a humanitarian aid group partnered with the World Health Organization to provide global disaster relief. While the organization and its volunteers have been helping around the world for more than a decade, this is the first year it has set up inside a war zone.

NYC Medics' mission in Mosul began in February when the World Health Organization recognized that the number of casualties was certain to mount as the fighting to retake the city intensified.

In his three weeks there ending in early March, Suarez treated dozens of wounded civilians and soldiers. Two children stand out in particular, one was a 4-year-old girl believed to have been shot by an ISIS fighter, and another was a young boy who suffered gunshot wounds to his abdomen.

"The innocents are always the most difficult thing to digest," Suarez, 46, said last week. "They're noncombatants. They're victims and it's just hard to process who, what kind of individual, what do they tell themselves justifies such barbaric behavior to be able to hurt an innocent person."

But Suarez said he had to treat the wounds and move on because there were more injured every day.

"We just wouldn't last long in the industry if you took this stuff to heart and you really weren't able to process it. So, I think we have an incredible resilience to be able to bury these things deep into our souls that allows us to go back day after day and keep doing the work."

While the work is grueling, co-founder Steve Muth, who was also a New York City paramedic, said that his years serving the culturally diverse communities of New York prepared him to work abroad, where he met a range of people in need.

> *"The innocents are always the most difficult thing to digest."*
>
> Phil Suarez

NYC Medics began in 2005 when 13 paramedics from the city responded to the Kashmir earthquake in South Asia that killed 75,000 people and left tens of thousands more injured.

From that one emergency response, an organization was born, Muth said. "I don't think any of us thought that we would be successful, but that wasn't really the question," he said. "The question was, are you willing to try?"

Now in its 12th year, NYC Medics has had 250 volunteers who have operated in 11 countries. But Mosul is different. There aren't many aid organizations willing to travel there because of the danger, despite the desperate need for medical professionals.

"That's what gets you actually. It's tragedy," Muth said. "It's nothing else. It's not the blood, it's not anything like that. Tragedy is what weighs on you and you see a lot of it."

The operation in Mosul sees a week's worth of trauma at an ordinary hospital in one hour, said Tim Tan, NYC Medics medical director who is a Queens Hospital Center physician and assistant professor at Mount Sinai's Icahn School of Medicine. "I think all of us working in health care, working in ERs, we're used to seeing a certain level of chaos and trauma," he said. "This is obviously at a whole other level. It's a war zone. It's just that much more intense."

But the chance to do good is what drives the volunteers and the organization. It is what sends them to some of the worst places, like Mosul. There, they said, no one is safe and nothing is off-limits.

"When you can make an intervention in somebody's life and it changes either their life or their families'," Muth said, "it's an amazing thing and it's why people go back."

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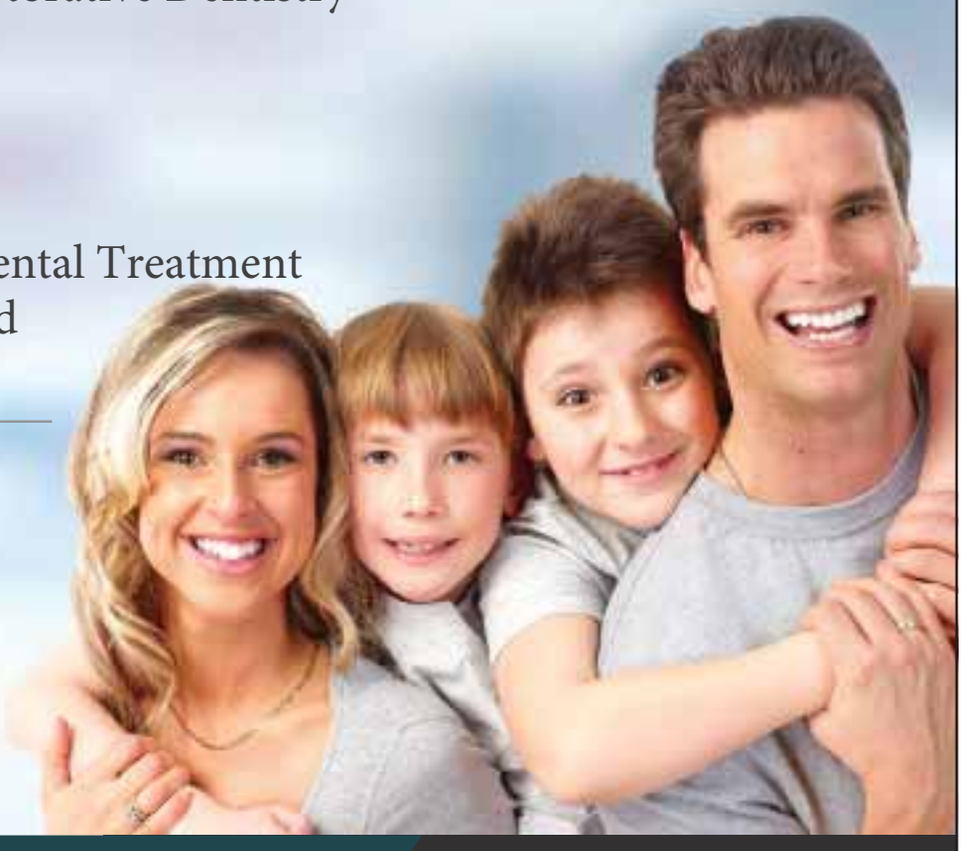

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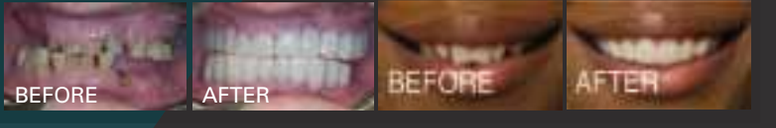

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The "Fearless Girl" statue stands across from the Wall Street's famous "Charging Bull" to draw attention to the gender equality and lack of female managers.

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Another year for 'Fearless Girl' isn't enough for elected officials

The permit for the statue of a girl staring down the Wall Street bull was extended a year

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The drumbeat for making "Fearless Girl" a permanent fixture in lower Manhattan continues.

Over the weekend, Mayor Bill de Blasio said the bronze statue of the little girl staring down the Wall Street bull, which had been installed to celebrate International Women's Day, will remain through February 2018.

But that hasn't satisfied several female elected officials, who have continued to insist the empowering symbol should remain forever.

On Monday morning, Congresswoman Carolyn Maloney, Manhattan Borough President Gale Brewer and city Public Advocate Letitia James, among others, gathered at City Hall to honor Kristen Visbal, the Delaware artist who created "Fearless Girl." They also continued their campaign to make permanent the statue that had only received a weeklong permit when it was went up in early March.

"I have been profoundly struck by what this statue means to girls and women," the mayor said at the gathering. He elaborated on how the "Fearless Girl" statue "spoke to the moment and history," of women empowering themselves and their daughters at a time when women's rights feel threatened.

For now, New York's newest icon of strength will remain at least another year, in a decision announced over the weekend. The 50-inch statue stands a few feet away from Wall Street bull statue, the 3-ton piece that was installed 29 years ago.

The creator of "Charging Bull," Arturo Di Modica, is one of the few to express displeasure with the 4-foot "Fearless Girl." He said the new statue, commissioned by an asset management company in an effort to address the need for more women on corporate boards, is an "advertising trick."

But the public advocate disagreed, calling the statue "a symbol to women young and old."

"However, the importance of empowering women is not temporary, and 'Fearless Girl' must become a permanent fixture in our city as a reminder to all women that no dream is too big and no ceiling is too high," James said.

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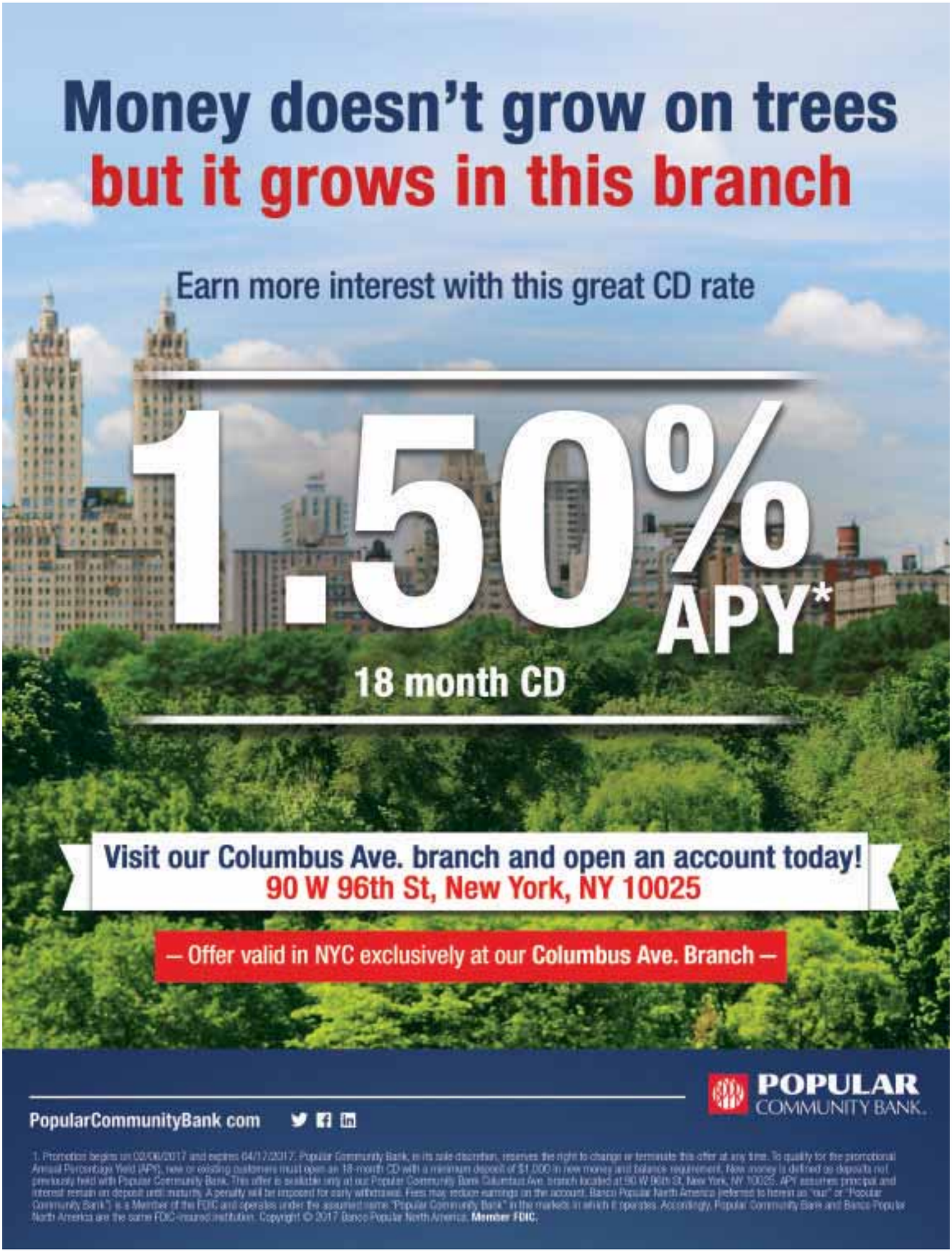
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What is Donald Trump's actual net worth?

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He's said $10 billion, but an assessment by Forbes indicates he is worth a lot less.

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Donald Trump might be the wealthiest president in U.S. history, but his net worth apparently dipped after the election.

Trump's net worth has dwindled to $3.5 billion, according to a recent assessment by Forbes — $200 million less than Forbes valued him ahead of the election.

Forbes, which releases an annual list of the world's billionaires, cited the slumping New York City real estate market as the reason why the president has fallen more than 100 spots to No. 544 on the magazine's list.

Personal expenditures have tied up Trump's cash, too. Forbes reported that he donated $66 million to his campaign, nearly 20 percent of its total budget. He spent another $25 million settling a lawsuit over Trump University.

Trump claimed while campaigning that he was worth "in excess of $10 billion," but that figure has been difficult to confirm, as Trump has refused repeatedly to release his tax returns. But Forbes and Bloomberg have pegged Trump's worth to be one-third of that figure.

Because Trump has refused to divest from his global business empire, instead passing control on to his two oldest sons, he will continue to financially benefit from the Trump Organization. That includes hotels in New York, Las Vegas and Washington, as well as real estate in New York City.

Forbes estimated Trump's $3.5 billion net worth as:

- $230 million in brand businesses.
- $270 million in cash and personal assets.
- $620 million in golf clubs and resorts.
- $630 million in real estate outside New York City.
- $1.7 billion in New York City real estate.

Trump earns $400,000 in salary as president and a $50,000 expense account, $100,000 for travel and $19,000 for entertainment. But he's said he plans to forego his salary, taking the $1 a year as required by law.

Petition wants to force Melania Trump out of NYC

Fed up with the price of protecting the first lady in her ritzy Manhattan high-rise, taxpayers are urging members of the Senate to force Melania Trump to relocate.

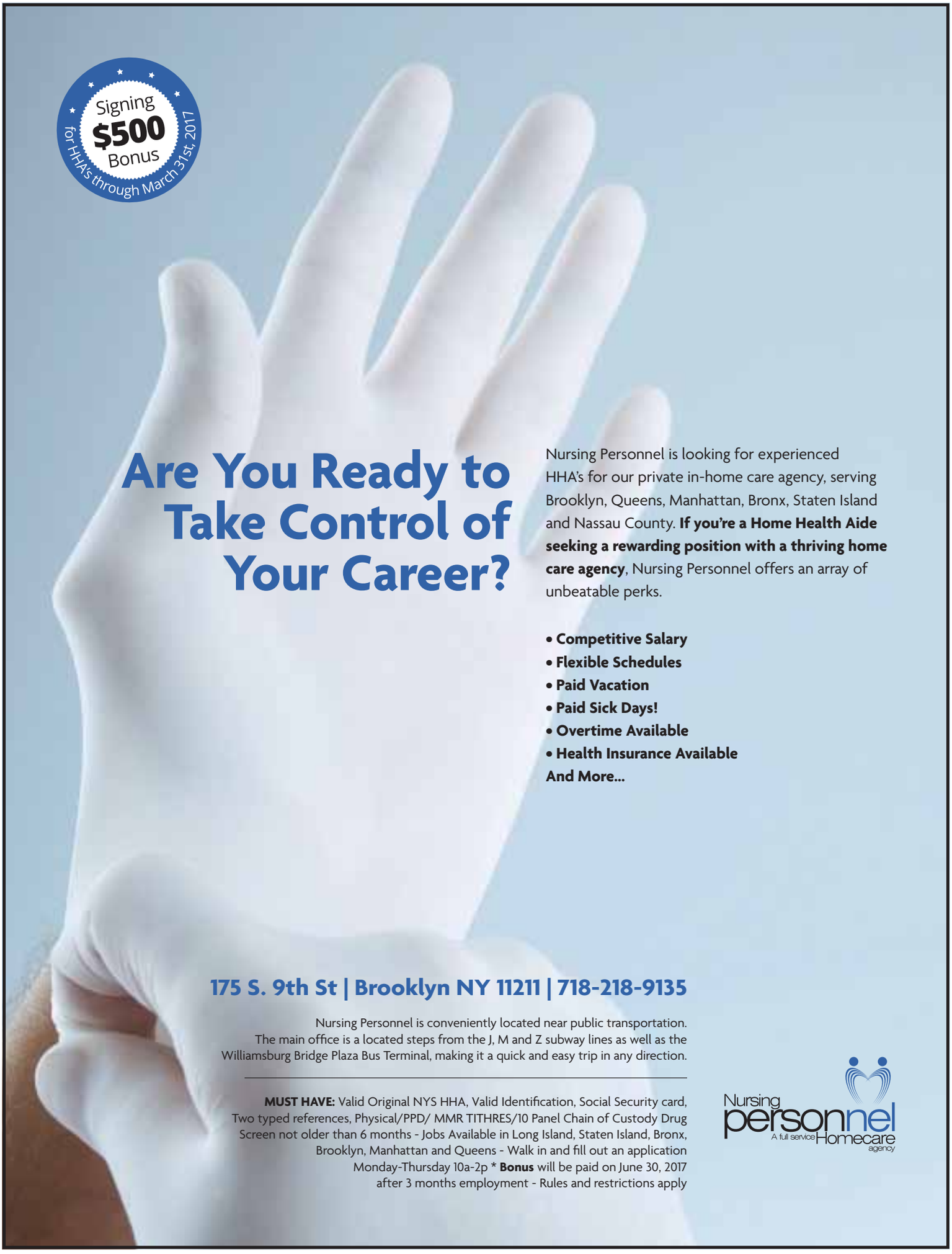
Security for the first lady and 10-year-old Barron, who currently reside in the president's Trump Tower, costs on average about $136,000 daily, according to the NYPD. By June — when mother and son are rumored to join President Donald Trump in the White House once Barron finishes his school year — security expenditures could total around $18.2 million.

If they don't move to D.C., which has been rumored, taxpayers will have paid $46.9 million by the end of the year.

A petition gaining steam on change.org had nearly 35,000 supporters by Monday morning. Its ask is simple: Melania Trump heads south to D.C., or the family foots her security bill themselves.

"The U.S. taxpayer is paying an exorbitant amount of money to protect the first lady in Trump Tower," reads the petition, which will be delivered to Sens. Bernie Sanders and Elizabeth Warren. "As to help relieve the national debt, this expense yields no positive results for the nation and should be cut from being funded."

ALEXIS SACHDEV



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'Religious left' emerging as political force in Trump era

A surge of congregations offering to provide sanctuary to immigrants seeking asylum is one example of religious activism.

Panel discussion at Union Theological Seminary on Feb. 23 with (left to right) Gary Dorrien, Jerusha T. Lamptey, Wesley Morris, Anthony Romero and Serene Jones. DAN LEE

Since President Donald Trump's election, monthly lectures on social justice at the 600-seat Gothic chapel of Union Theological Seminary have been filled to capacity with crowds three times what they usually draw.

In January, the 181-year-old Upper Manhattan graduate school, whose architecture evokes London's Westminster Abbey, turned away about 1,000 people from a lecture on mass incarceration. In the nine years that the Rev. Serene Jones has served as its president, she has never seen such crowds.

"The election of Trump has been a clarion call to progressives in the Protestant and Catholic churches in America to move out of a place of primarily professing progressive policies to really taking action," she said.

Although not as powerful as the religious right, which has been credited with helping elect Republican presidents and boasts well-known leaders such as Christian Broadcasting Network founder Pat Robertson, the "religious left" is now slowly coming together as a force in politics.

This disparate group, traditionally seen as lacking clout, has been propelled into political activism by Trump's policies on immigration, health care and social welfare, according to clergy members, activists and academics. A key test will be how well it will be able to translate its mobilization into votes in the 2018 midterm congressional elections.

"It's one of the dirty little secrets of American politics that there has been a religious left all along and it just hasn't done a good job of organizing," said J. Patrick Hornbeck II, chairman of the theology department at Fordham University, a Jesuit school in New York.

"It has taken a crisis, or perceived crisis, like Trump's election to cause folks on the religious left to really own their religion in the public square," Hornbeck said.

Religious progressive activism has been part of American history. Religious leaders and their followers played key roles in campaigns to abolish slavery, promote civil rights and end the Vietnam War, among others. The latest upwelling of left-leaning religious activism has accompanied the dawn of the Trump presidency.

Some in the religious left are inspired by Pope Francis, who has been an outspoken critic of anti-immigrant policies and a champion of helping the needy.

Although support for the religious left is difficult to measure, leaders point to several examples, such as a surge of congregations offering to provide sanctuary to immigrants seeking asylum, churches urging Republicans to reconsider repealing the Obamacare health law and calls to preserve federal spending on foreign aid.

The number of churches volunteering to offer sanctuary to asylum seekers doubled to 800 in 45 states after the election, said the Elkhart, Indiana-based Church World Service, a coalition of Christian denominations which helps refugees settle in the United States — and the number of new churches offering help has grown so quickly that the group has lost count. REUTERS

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More Democrats oppose Supreme Court pick

There are now 20, up from 16 on Friday, who have backed Democratic leader Chuck Schumer's filibuster call.

Democratic opposition to President Donald Trump's U.S. Supreme Court nominee grew on Monday while the White House demanded a "fair, up-or-down vote" in the Senate on confirming Neil Gorsuch to the lifetime post.

Four more Democratic senators added their support to a growing effort to block a confirmation vote through the use of a procedural hurdle called a filibuster that requires 60 votes in the 100-seat Senate to allow a confirmation vote requiring a simple majority. Republicans control the Senate 52-48.

Democratic opposition to Gorsuch could prompt a Senate showdown over the confirmation of the conservative appeals court judge from Colorado, but Republicans could change the Senate's rules to disallow filibusters against Supreme Court nominees.

Trump is seeking to avoid another setback in Congress after major healthcare legislation he supported was pulled from the House of Representatives floor amid opposition within his own party on Friday.

The confirmation of Gorsuch, 49, would restore the nine-seat court's conservative majority, a major campaign promise for Trump.

The latest Democrats to join the fight include Bill Nelson of Florida, who expressed "real concerns" Gorsuch would be hostile to voting rights, sympathetic to efforts to lift campaign finance restrictions and support businesses over workers and consumers.

Judge Neil Gorsuch GETTY IMAGES

The other three Democrats to have newly announced their opposition were Judiciary Committee members Mazie Hirono of Hawaii and Al Franken of Minnesota, as well as Jack Reed of Rhode Island.

Democrat Patrick Leahy of Vermont, a member of the Judiciary Committee that held confirmation hearings last week, said he generally opposes filibusters but added that Gorsuch would face such a move if he does not adequately answer written questions. REUTERS

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AG: Sanctuary cities

So-called "sanctuary cities" help illegal immigrants avoid deportation by limiting cooperation with federal agencies, often by refusing to notify U.S. Immigration and Customs Enforcement when they plan to release an illegal immigrant from incarceration.

U.S. cities that do not cooperate with federal immigration authorities may lose millions of dollars in grant money from the Justice Department, U.S. Attorney General Jeff Sessions said on Monday.

President Donald Trump, who made a crackdown on illegal immigration a key part of his campaign, ordered the government to cut off funding to sanctuary jurisdictions in a Jan. 25 executive order. That order has yet to be put into action by his administration but Sessions' announcement seemed to be the first step in doing so.

"Failure to deport aliens who are convicted of criminal offenses puts whole communities at risk, especially immigrant communities in the very sanctuary jurisdictions that seek to protect the perpetrators," Sessions said at a White House news briefing.

The Justice Department grants typically are used to help police improve crime fighting techniques, buy new equipment and assist victims of crime.

The Department of Homeland Security has not yet named which jurisdictions they consider to be sanctuary cities but it could have an impact on some of the nation's largest population centers, including New York City and Los Angeles County, which all have policies that place some restrictions on cooperation between local law enforcement and federal immigration authorities.

Three lawsuits have been filed in federal court challenging Trump's executive order, arguing that it could harm funding unrelated to immigration, such as education.

Sessions did not say whether he would order the Education Department or other federal agencies to choke off funding to sanctuary jurisdictions as well. Courts have ruled the federal government can only cut grant money if it is directly related to a particular violation of federal law.

Sessions may find his ability to influence local decision-making through the Justice Department's purse to be limited, because only a fraction of the Justice Department's grant dollars flow directly to the cities and counties that determine whether to cooperate with federal immigration agents.

In the 2016 fiscal year, federal records show the Justice Department doled out $1 billion to state governments and $430 mil-

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may lose DOJ grants

Members of the immigrant removal task force of the Immigration and Customs Enforcement (ICE) outside a home, during an early morning raid to arrest and deport an immigrant. This ICE team is one of 14 throughout Southern California that focuses exclusively on arresting and deporting immigrants with deportation notices. GETTY IMAGES

lion to nonprofit groups but only $136 million directly to city and county governments.

Sessions said the Justice Department plans to award $4.1 billion in grant money in the current fiscal year.

Sessions' statement drew swift pushback from New York state Attorney General Eric Schneiderman, who said his office would continue helping local governments "have the tools they need to protect their immigrant communities."

So far no state has adopted policies that prevent cooperation with immigration authorities.

Last week, Maryland's Democratic-controlled House of Delegates approved legislation to bar police statewide from checking the immigration status of individuals they arrest or from keeping them locked up longer than otherwise warranted at the request of federal agents seeking to deport them.

The state's Republican governor, Larry Hogan, has said he would veto the bill.

Sessions is known for being a strong proponent of immigration enforcement.

"I strongly urge our nation's states and cities and counties to consider carefully the harm they are doing to their citizens by refusing to enforce our immigration laws and to rethink these policies," Sessions said.

He gave as an example Kate Steinle, who was shot to death in San Francisco two years ago by illegal immigrant Francisco Sanchez, who had already been deported five times and had seven felony convictions. Trump also cited the Steinle case during his campaign. REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

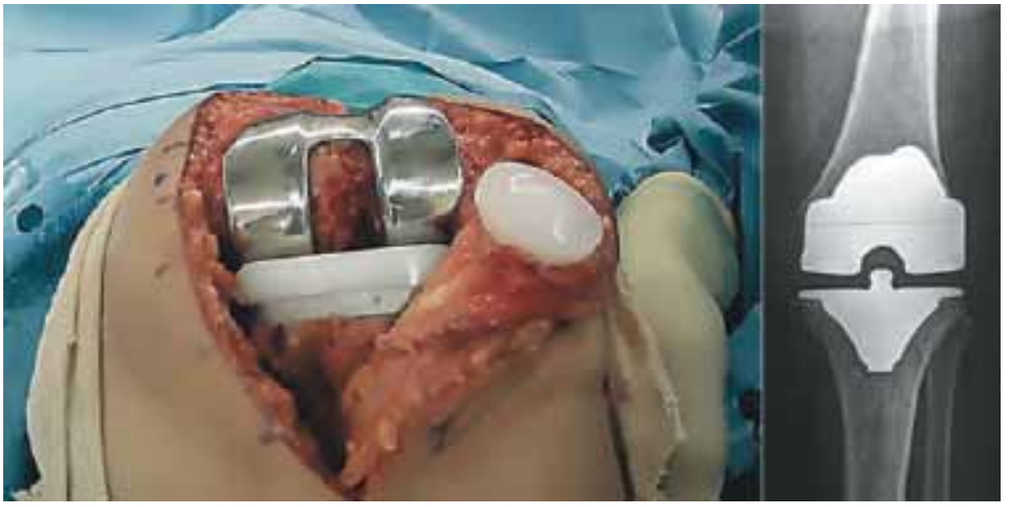
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

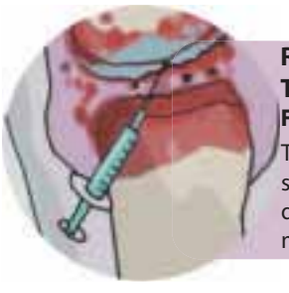
Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

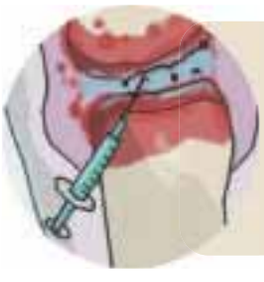
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

THE ENEMY IN THE MIRROR

For Republicans, this must feel like waking up after a wild weekend party to find yourself surrounded by a sea of empty cups and garbage, some stoner asleep on the kitchen table and your dad's car in the swimming pool. In other words, it was fun while it lasted — but now, kids, it looks like you've GOPed yourselves.

The calamitous collapse of their long-awaited effort to repeal Obamacare was more than just an embarrassment (they had seven years to get ready — I think cities host the Olympics with less prep time), it was a screaming wake-up call to a bitter reality. Despite all that unhinged joy over coming into 2017 holding both houses of Congress and the Oval Office, they are a deeply divided party which has no current way to take advantage of their rollicking victories last fall.

Effectively, the Republicans are three parties right now. I call them: 1) the Modicans — meaning those beleaguered moderates from districts with sizeable numbers of Democratic and/or independent voters who favor a middle-of-the-road approach to governing; 2) the Mainicans — those who hold traditional conservative views but understand compromise is sometimes necessary; and 3) the Abstainicans — these are the Freedom Caucus folks, the whirling dervishes of D.C. They take conservatism to DEFCON 1 every second of every day, and would rather burn their own party to the ground than concede a single point in any argument.

In the health-care debate, those three factions unleashed such claw-and-fang fury they doomed the effort from the start. The bill had to be pulled. The new president had to admit defeat. And of course, Democrats rejoiced — prancing around Capitol Hill, waving handkerchiefs and whooping like Little Leaguers who'd just won the championship because the other team forfeited.

So only one question matters in D.C. politics at this moment: Is this the permanent state of the GOP — or have the Modicans, Mainicans and Abstainicans learned anything from the debacle? My bet is they have not, because politicos of any stripe seldom do. And that could oddly leave the powerless Democrats in a surprising position of power.

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Florida man kills one, wounds five in horrific shooting

A man killed his girlfriend and wounded five other people, including two children and a high school student at a bus stop, during a shooting spree in central Florida on Monday, police said.

The incident started around 6 a.m. local time inside a home in Sanford, about 30 miles north of Orlando. Police say Allen D. Cashe opened fire a few hours after officers had been called to break up a dispute over a vehicle between him and his girlfriend, who was not identified.

Cashe, 31, killed the girlfriend and critically wounded her two sons, ages 7 and 8, and her father, Sanford Police spokeswoman Bianca Gillett said.

"This is one of the most horrific crime scenes our officers and investigators have had to encounter," Gillett said at a news conference, where she declined to discuss a motive for the shooting.

The boys and their grandfather were in critical condition at regional hospitals, and one of the children was "fighting for his life," Gillett said later by phone.

After leaving the home, Cashe shot two random bystanders on a nearby street, police said.

Those victims included a high school student shot while waiting for a bus to school. The student and another bystander shot on a nearby street were in stable condition, Gillett said.

Police arrested Cashe, who was expected to face multiple charges. It was not clear whether he lived with his girlfriend in Sanford.

It also was not immediately known if he had an attorney. REUTERS

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Cuba Gooding Jr. is up to no good

During Paleyfest in L.A., Cuba Gooding Jr. took it upon himself to lift Sarah Paulson's dress. Maybe it was some sort of egregiously unfunny joke or just one of those things where men feel like they can do whatever to women without consequences. It's impossible to say!

Anyway, Paulson played it off and laughed about it. But she was the only one — on Twitter, fans were outraged.

"It turns out Cuba Gooding Jr is a d—head who has no respect for women," one fan wrote. "Um ... so is Cuba Gooding Jr allowed to get away with liftin Sarah Paulson's skirt at Paley Center?" another wrote. "Total disrespect to a woman."

The two actors, who starred in "The People vs. O.J. Simpson," and "American Horror Story: Roanoke" together are reportedly good friends, which still isn't exactly an excuse for this behavior.

More important, what would Holland Taylor say?! Probably, "Hands off my lady, scum." Probably.

Phew: Shailene Woodley reaches a plea deal

Shailene Woodley could be catching a break.

The star of "Big Little Lies" — which, for the record, is not remotely related to "Pretty Little Liars" like I thought it might be — was one of 27 arrested for protests over the Dakota Access Pipeline in October. According to Perez Hilton, she livestreamed her arrest on Facebook. Young people these days, am I right?

Now, the actress has reached a plea deal. According to The Hollywood Reporter, Woodley will plead guilty to misdemeanor disorderly conduct, serve one year of unsupervised probation and forfeit $500 bond. Most importantly, she won't get a lick of jail time. Not bad, considering she didn't actually do anything wrong: At the time of her arrest, she noted she was only arrested because she was recognizable. Rude.

It's been really nice to see the 25-year-old actress blossom from Marissa's original little sister on "The O.C." to a hippie activist type. You go, girl.

ALL PHOTOS GETTY IMAGES

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Make your own Dessert Goals

We found the best bites at the festival for all things sweet.

EVA KIS
@thisiskis
eva.kis@metro.us

Is it possible to love an event about dessert more than dessert itself? This is the low-key magic that is Dessert Goals, Brooklyn's new festival for all things sweet.

Back for an encore last weekend after its debut in the fall, Dessert Goals is still wildly popular with all 2,000 tickets selling out in just minutes. Yet the event had the mellowness and good vibes you want to help your sugar buzz along.

"It's just enough that you're feeling hyper and excited, and then you're ready to leave," says co-founder Liang Shi. Just 20 vendors were set up inside Williamsburg's small Dobbins St. warehouse and on its rooftop. Attendees were spread out among several 90-minute sessions over two days, so there were virtually no lines, with time to try everything (tickets were $20, with pay-as-you-go treats).

For the Instagram set, there was a flower-strewn candyland of a backyard full of photo ops. But that's not what most people opted to do. Pairs of friends, mothers and daughters, couples and more were busy chatting, eating and scoping out their next dessert discovery.

Maybe we ate too many unicorn macarons, or being surrounded by smiling people in New York worked us over, but Dessert Goals now sounds less like an easy pop culture reference and more like a call to action: Grab someone you love and go enjoy the sweet life.

While we ate many delicious things, here are the bites that stood out.

Taiyaki NYC

Their delightful fish-shaped waffle cones are slightly sweet and soft, balanced by the faintest edge of bitterness from the matcha soft serve. This social media star is a tasty treat, too.
119 Baxter St., Chinatown

Call Me Caramel

"It's a little less cloying" is how Steve Earthman describes his Gruyere cheese-based caramels, creating a treat that's more melty than sticky, with a sophisticated savory note. Meet your new cheese plate essential.
callmecaramel.com

Rare Bird Sweets

"We have every flavor of cupcake, but we've been missing out on eclairs," says Jess Donaldson, who'll make a believer out of you with The Irish: delicate chocolate choux filled with Guinness pastry cream, topped with Bailey's mousse, salted Jameson whipped ganache and a Guinness marshmallow on top.
rarebirdsweets.com

Sweet Dames

Coconut macaroons get whole new dimensions of flavor with spices like garam masala and rich, layered fillings.
sweetdames.com

Dakota Fanning is still trying

Dakota Fanning plays a frontierswoman in the 19th century who has to fend off a brutal killer (Guy Pearce) in "Brimstone," now in theaters and VOD. MOMENTUM PICTURES

For "Brimstone," the longtime actress had to spend most of the movie mute.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

At 23 years old, Dakota Fanning is a Hollywood veteran. She's been acting for 18 years, since she was 5. Her first job was a Tide commercial. She's done blockbusters like "War of the Worlds" and played evil Jane Volturi in the "Twilight" movies. Nowadays she mostly does indies. (She will be in the star-studded "Ocean's Eight," and she's producing and starring in Kirsten Dunst's film of Sylvia Plath's "The Bell Jar.") But even now, so long into her career, she's trying new things.

So it goes in "Brimstone," a brutal, epic Western, in which she plays a mute frontier woman who's mysteriously pursued by a scarred, murderous preacher played by Guy Pearce.

"I knew there were challenges to it that I was excited about," Fanning tells us. "You want to push yourself to do something different. It was a lot of fun to push myself."

The challenges were many: filming in Berlin, Austria and Hungary during the dead of winter. Riding horses up muddy hills. Learning sign language. And playing a character who spends most of the film unable to speak, communicating only with facial reactions.

"That was what I was most excited about," she admits. Over the last handful of years, Fanning has been drawn to quiet, withdrawn characters; see her turns in "The Last of Robin Hood," "Effie Gray" and "Every Secret Thing." (That hasn't always been the case: In "American Pastoral," she had to deal with a severe speech impediment.) To her, dialogue isn't the most interesting part of acting.

"In real life we convey more things with

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new things

our body language and our facial expressions and the vibes we give out," she explains. "That speaks so much louder than the words we're saying. It's not often you get to explore that in movies, but it's such a huge part of communication in general."

Indeed, our chat with Fanning takes place over the phone, meaning I can't see what she's doing. "We might have a completely different conversation if we were in person," she says. "You would be able to see that I talk with my hands a lot. I'm always partly talking to the air with my hands."

One thing that wasn't new for Fanning was doing a period film. It was her second time wearing a corset. It's never fun. "When you're wearing a corset, you move differently, you speak differently," she says. "This was my second time wearing one, so I was a little used to it. But the sweet relief of taking it off at the end of the day is never lost on me."

Dakota's got a gun

She also had to use a gun — also not her first time. "I'm not the biggest fan of that, to be honest," Fanning says. "The precautions they have to take on films when there's guns involved, it's serious business. Even though there are blanks in there, blanks can really injure people. When they say cut, I hand it off. I don't want to have it in my hands for any longer than I have to. I don't look forward to those scenes because they just make me nervous."

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Breaking down the biggest weight-loss misconceptions.

SHARON FEIEREISEN
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You might have the best intentions when it comes to weight loss, but between confounding studies (chocolate is never going to be the key to shedding pounds!) and brands spending millions on marketing to convince you that their fat, calorie and sugar filled products — which they've shrewdly labeled "skinny" or "natural" — are good for you, desired outcomes can be arduous to achieve. We spoke with experts who shared the biggest dieting misconceptions — and advice for healthier eating habits.

Don't skip the carbs

"One of the biggest mistakes people make in their attempt to lose weight is that they cut out carbohydrates," says dietitian Tanya Zuckerbrot, the founder of F-Factor. "Carbohydrates fuel our bodies and cutting them out leads to feeling tired, cranky and weak, which can trigger excess snacking and feeling deprived, which is not consistent with weight loss." She does caution that while eating carbohydrates is essential to functioning, doing so in excess does lead to weight gain.

"The goal is to eat just the right amount of the right carbs," she says, such as carbs that are high in fiber, which have zero calories and add bulk to food. Think chickpeas, lentils and broccoli (yes, veggies are carbs).

"When eaten, fiber swells in the stomach. Therefore, when you follow a diet rich in fiber you feel full after eating and you'll generally eat less throughout the day."

Breakfast really is for champions

We've all heard that breakfast is the most important meal of the day, and for good reason. "Breakfast jump-starts your metabolism," says Zuckerbrot. "Conversely, skipping breakfast slows down your metabolism and leads to weight gain — so don't skip meals thinking you'll lose weight faster."

Skipping breakfast slows down your metabolism.

Not convinced? Sumo wrestlers in Japan skip breakfast so that they will gain weight. Zuckerbrot suggests starting your day with a breakfast that combines high-fiber carbohydrates (whole-wheat toast, oatmeal) and lean protein (egg whites, Greek yogurt or low-fat cheeses) because these nutrients will fill you up on the fewest calories.

Know when you're hungry

"It's estimated that 75 percent of us overeat not because we're hungry, but rather in response to feelings," says dietitian Keri Glassman. "When our eating is spurred by emotions, we tend to consume mostly junk food, so it's important to pinpoint the exact 'trigger' that causes you to overeat."

Shopping at the grocery store when you're hungry, eating at the computer, picking off your kids' plates or waiting too long between meals could all contribute to stress eating.

Choose your healthy foods wisely

If you think salads are always a safe option, think again. "It's important to remember to leave out the croutons, avoid fat-free dressings (they're loaded with preservatives and sugar), skip the dried fruits and processed cheese, and stay away from too many grains and beans, which are healthy but in excess will lead to weight gain," says Nikki Ostrower, nutritionist and founder of NAO Nutrition. "Make sure to enjoy a salad with mostly leafy greens and veggies."

Same goes for smoothies. "Many of the health benefits go out the window once you add in things like frozen yogurt, designer protein powder, sugar and syrups," says Ostrower. "Enjoy a smoothie with greens, nuts, fresh fruit as a sweetener, use soaked nuts and water (aka homemade nut milk) as your base instead of a boxed vegan milk."

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2017 FANTASY BASEBALL ALL-BARGAIN TEAM

OPINION

KYLE BISHOP
@amoralpanic

If you need power, picking up the Yankees' Greg Bird is a good idea. GETTY IMAGES

Our long national nightmare is nearly over. No, not that one … here we're referring to the lack of baseball. Opening day is right around the corner, and not a moment too soon.

After last week's look at the busts, let's end draft season on a happy note with the 2017 All-Bargain team.

Catcher: Brian McCann, Houston Astros
McCann has hit at least 20 home runs in nine straight seasons, and has averaged 135 games played over the last three years. Even paired with a low batting average, that's a rare blend of useful offense and high volume from behind the plate. Yet McCann is just the 10th catcher off the board, per NFBC ADP.

First base: Greg Bird, New York Yankees
Bird was a popular sleeper last year, but shoulder surgery cost him the entire season. This spring, he's flashed the same enticing power that he showed as a rookie in 2015. He's in the perfect place for it to play up — Yankee Stadium is very friendly to lefty pop, as are three of the other four AL East parks. There was some trepidation over his playing time when the Bombers signed Chris Carter, but Bird has been confirmed as the starter. That's the word, at least. (Sorry.)

Second base: Logan Forsythe, Los Angeles Dodgers
Forsythe was quietly good in Tampa, and now appears to have the inside track on the leadoff spot for the Dodgers. That should provide a big boost to his runs scored, and with his pop, the RBI total won't be a complete zero. Much like another former Rays player, Ben Zobrist, Forsythe is an unsexy but reliable, high-floor asset. His all-around contributions will easily earn a profit on the piddling investment required to roster him.

Third base: Mike Moustakas, Kansas City Royals
Moustakas enjoyed a long-awaited breakthrough in 2015, hitting .284 with 22 home runs. Through the first month of last season, he looked well on his way to an even better follow-up. Unfortunately, a torn ACL ended his season prematurely, but he's expected to be 100 percent before the start of the upcoming season.

Shortstop: Marcus Semien, Oakland Athletics
Semien strikes out a bit more than you'd like, but he was third among all shortstops last season with 27 home runs, and only four players at the position managed 20 homers and 10 stolen bases. The others: Carlos Correa, Xander Bogaerts, and (somehow) Freddy Galvis. The former two are going to cost you a pick in the first two rounds, and Galvis is not actually good. You can get Semien after pick 200.

Outfield: Kevin Kiermaier, Tampa Bay Rays
Kiermaier is primarily known for his ridiculous defense in center field, but before a hand injury derailed things, he was pacing toward a 20/20 season in 2016. Plus, he nearly doubled his walk rate. Kiermaier finished strong, hitting .296/.384/.490 with five home runs and eight steals in the final month. The Rays don't have many other options for top of the order hitters, so Kiermaier should bat first or second regularly, giving him plenty of run-scoring and stolen base opportunities.

Starting Pitcher: Aaron Nola, Philadelphia Phillies
As I've said previously this winter, Nola's ratios last year shouldn't scare you off. They resulted from elbow issues and a run of incredibly rotten luck – prior to the injury, Nola was looking like a true ace in his sophomore season. As the 53rd pitcher off the board on average, you're not breaking the bank to buy into that version of Nola.

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.

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The state of Mets' pitching rotation

A glance at the staff with the season less than a week away.

JOE PANTORNO
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Zack Wheeler has a 3.50 career ERA. GETTY IMAGES

While the New York Mets' pitching staff has slowly taken shape this spring, there are some sizable matters that still need to be addressed with opening day less than one week away.

In the bullpen, closer Jeurys Familia is expected to receive a suspension from MLB commissioner Rob Manfred due to his domestic violence case. However, the presence of set-up man Addison Reed should soften the blow of his absence.

It's not as easy to deduce how the team's starting rotation will look, though.

Left-hander Steven Matz, who has been plagued by health issues throughout his professional career, was scratched from his spring training start on Sunday due to elbow discomfort.

While Mets doctors told David Lennon of Newsday that the ligament in his elbow which forced him to undergo Tommy John surgery in 2010 is fine, general manager Sandy Alderson added that "it's worrisome" that the 25-year-old has been sidelined so often.

Matz threw a 55-pitch flat-ground session on Monday and was able to complete it, but his mechanics needed polishing and his regular-season status remains unknown, per Lennon.

Meanwhile, Robert Gsellman was awarded the No. 4 spot in the rotation behind Noah Syndergaard, Jacob deGrom and Matt Harvey, according to Jon Heyman of FanRag Sports.

The 23-year-old was one of the arms that kept the rotation afloat in 2016 after Matz, Harvey and deGrom all went down with season-ending injuries. He posted a 4-2 record with a 2.42 ERA in seven starts after being promoted from Double-A.

He put together a strong showing in spring training as well with a 1.56 ERA and nine strikeouts in 17.1 innings of work to secure his status with the big club.

That leaves two available arms in Zack Wheeler and Seth Lugo competing for one final rotation spot.

Like Gsellman, Lugo was one of the arms called upon to provide support to the bottom end of the rotation. He performed just as admirably behind a 5-2 record and 2.67 ERA.

Wheeler, on the other hand, saw his promising, young career delayed for two full years after undergoing Tommy John surgery prior to the start of the 2015 season.

Both he and Lugo had one final chance to impress the powers that be on Monday as they started each of the Mets' split-squad games against the Miami Marlins and Washington Nationals.

For Wheeler, it looked like his electric stuff was back after experiencing a rough start in which he allowed seven runs in his first 7.1 innings during the spring.

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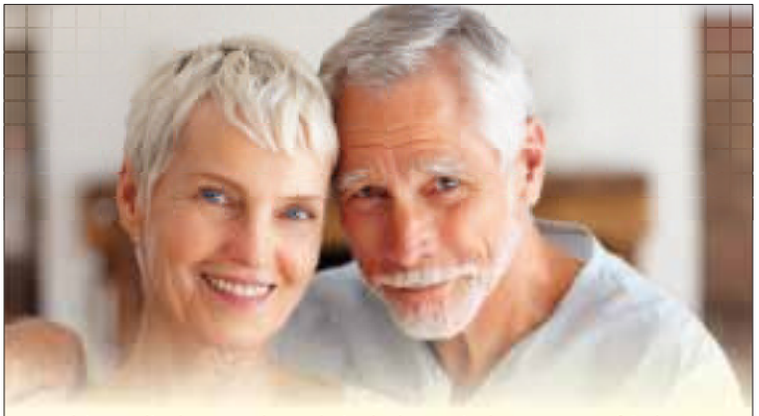

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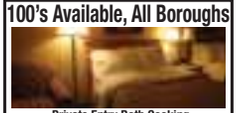

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REQUESTS FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAYBE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

NOTICE IS HEREBY GIVEN that a license, Number 1300808, for Wine, Beer & Cider has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a restaurant under the Alcoholic Beverage Control Law at 2271 1st Ave., New York, NY 10035, for on-premises consumption. Guajillo Restaurant Corp. d/b/a Guajillo Restaurant.

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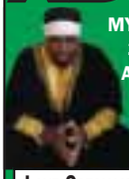

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- Are you struggling with your business/job/profession?
- Are you losing your property/real estate/money?
- Have you ever had miscarriage/problems with pregnancy?
- Do you know anyone that has an evil possession inside the body?
- Do you have lot of blockages/bad luck in your success?
- Do you believe that someone has done black magic on you?
- Do you believe that someone has done kaala jadoo for you?
- Do you often have strange, scary dreams and sleepless nights?
- Does your spouse (husband/wife) fight with you often?
- Do your children have drinks/drug addiction problem?

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metro.us/crossword

Across
1 Wire nail
5 Jr.'s exam
9 Tim or Woody
14 Engineering toy
15 White vestments
16 Ripple pattern
17 Austrian ski resort
19 Lullabies
20 Society column word
21 Reclines
22 -- Cristo
23 Rappel down
25 Onion goody
26 Turn sharply
27 Slickest
30 Brownie maker
33 Safari leader
34 Kind of humor
36 Maintain
37 Upper-crust
38 Pretty good
39 Root vegetable
40 Iowa commune
41 Fender nicks
42 Impending
44 Poet's contraction
45 Use a blowtorch
46 Waits on
50 Hill or Goodman
52 Shrewd, ironically
53 Want-ad letters
54 Pie-chart lines
55 Cascade
57 -- we all!
58 Omnia vincit --
59 Young lady of Sp.
60 Zestful
61 Antarctic sea
62 Soyuz launcher

Down
1 Hunter's station
2 Ms. Zellweger
3 "The Eve of St. --"
4 -- and dont's
5 KP chore
6 Fishtailed
7 The rudiments
8 My, my!
9 Smelling salts
10 Waiting room
11 Shopper's guide
12 A Great Lake
13 Toshiba competitor
18 Dreary
22 Kanga and Roo creator
24 Movie mogul
25 Lariat
27 Due for payment
28 Long-necked bird
29 Math subj.
30 Round Table knight
31 Pecan shape
32 DJ's disc
33 Flat-tasting
35 Birthday no.
37 A Bronte sister
38 Dragon's breath
40 Motel pool, e.g.
41 Talk out of
43 Admitting, with "up"
44 Frisky mammals
46 Rest stop sight
47 Draws close
48 Shoulder muscles
49 Type of eclipse
50 Silent-screen temptress
51 TV genie portrayer
52 Army wear
54 Scoundrel
55 Kids' card game
56 Tallahassee coll.

metro.us/sudoku

easy

			7					2
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7		4		8				
9				7			6	
	7	2	1		6	4	5	
	8			3				7
				4		6		9
		5		1	9		8	
4					8			

hard

	8			5				
6		2	7	8		5	9	
		5			2		3	
	4						6	8
			1		7			
5	9						1	
	2		8			3		
	5	4		7	1	6		2
				6			5	

metro.us/horoscopes

Aries Do your best to stabilize your personal and professional positions. Gather information and look at all sides of a situation before you form or present your opinion.

Taurus Good things will happen if you lend a helping hand. Positive actions will bring greater opportunity. It's up to you to contribute if you want to make improvements.

Gemini You'll be pulled in different directions. It's up to you to find out exactly what transpired before you make a move. Trust and integrity should be your motivation.

Cancer Stick to what you do best. Work behind the scenes in preparation for what you want to present. Don't let anyone pressure you to make a move prematurely.

Leo Don't get angry, get moving. Make choices that will benefit you. Show your leadership ability. The more confidence you possess, the greater stability you will have.

Virgo Look at an offer from all angles before you move forward. If something sounds too good to be true, take a step back. Don't succumb to high-pressure tactics.

Libra Be realistic and refuse to let anyone lure you into a heated debate. Overreaction and indulgence will be costly and will cause you to miss out on a great opportunity.

Scorpio Enforce any ideas you have that will encourage productivity. Offering an incentive or joining forces with someone you find inspiring will help you reach your goals.

Sagittarius You've got all the right moves to get what you want. Put your agenda in place and bring about changes that will secure your position and enhance your reputation.

Capricorn Taking care of home and family matters should be your prime concern. Compensate for delays while traveling or dealing with institutions.

Aquarius Let the past be your guide to a better future. The experience you have gathered will help you find alternatives to the way you have been handling your finances.

Pisces Good things are heading your way, but so is your tendency toward excess. Control your spending and rein in your indulgent behavior. EUGENIA LAST

Yesterday's answers

■	B	A	S	■	S	A	G	S	■	A	S	P	S	■
A	R	C	H	■	P	I	N	T	■	P	A	E	A	N
P	E	E	R	■	I	M	M	I	N	E	N	T	L	Y
R	A	D	I	A	L	■	A	N	A	■	D	E	K	E
■	■	■	E	L	L	S	■	G	R	E	W	■	■	■
R	O	C	K	F	A	L	L	■	C	L	I	C	H	E
E	S	A	■	A	G	I	O	S	■	S	C	R	A	M
A	C	D	C	■	E	P	I	C	S	■	H	O	N	E
C	A	R	O	B	■	S	N	O	O	P	■	W	O	N
T	R	E	N	C	H	■	S	P	L	E	N	D	I	D
■	■	■	S	E	A	L	■	E	I	N	E	■	■	■
L	O	S	T	■	H	O	C	■	T	A	B	L	E	D
A	P	P	A	L	A	C	H	I	A	■	U	E	L	E
D	I	A	N	E	■	H	E	R	R	■	L	E	I	F
■	E	S	T	A	■	S	T	A	Y	■	A	K	A	■

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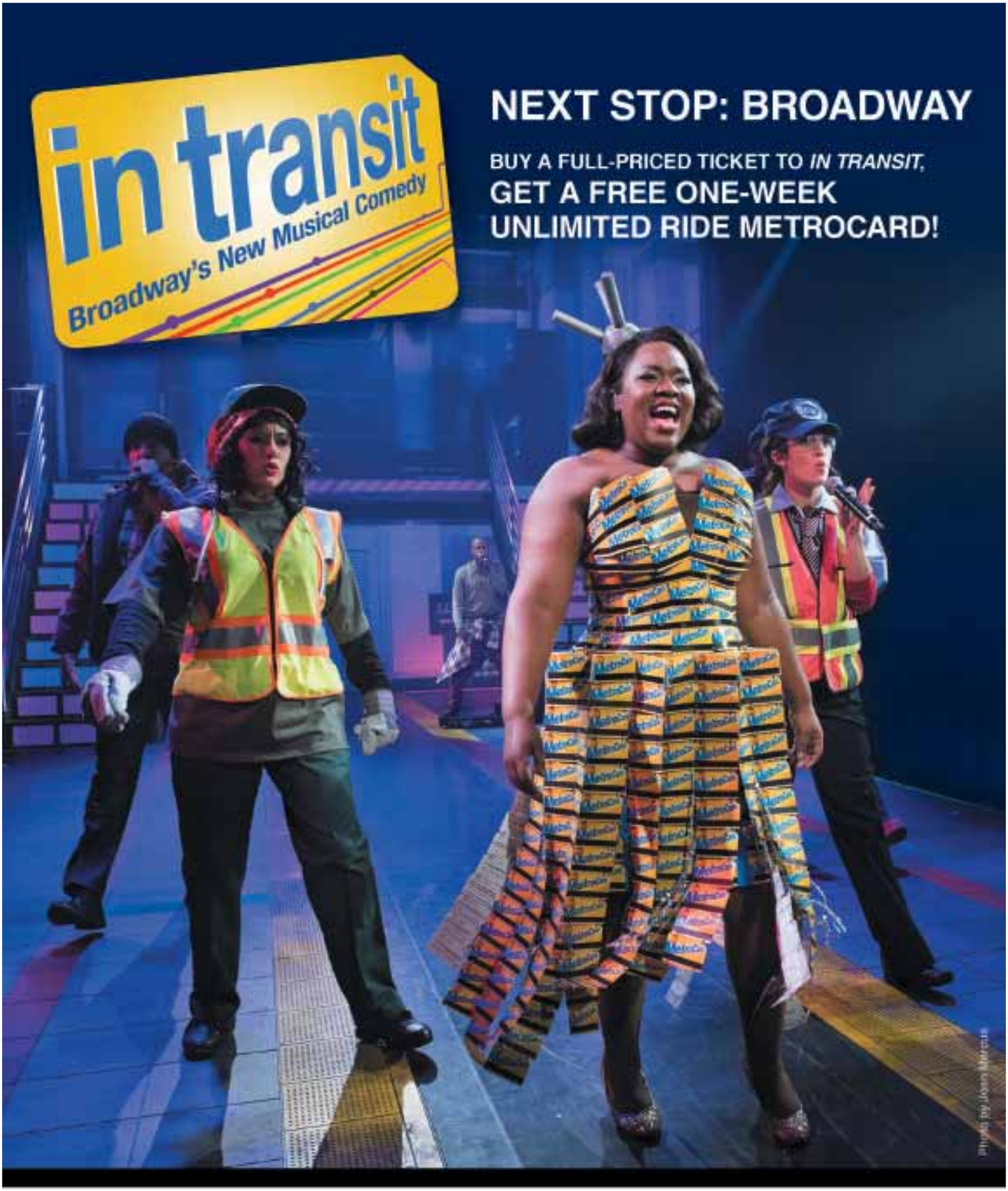

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